WHAT IS CLAIMED IS:

1. A method of receiving data transmitted from an access network to an access terminal, the method comprising:

measuring at the access terminal at least one parameter of a signal received from the access network;

determining an access metric value based on said measuring;

generating data request information based on said measuring;

comparing the access metric value to an access metric threshold;

estimating, based on said comparing, that communicating the data request information to the access network will not result in selection of the access terminal by the access network; and

reducing the power of a reverse link signal transmitted from the access terminal to the access network based on said estimating.

2. The method of claim 1 further comprising updating the access metric threshold based on said value of an access metric.

3. The method of claim 1 wherein said measuring further comprises low-pass filtering a forward link data throughput value.

4. The method of claim 3 wherein said low-pass filtering is performed using a finite impulse response filter.

5. The method of claim 3 wherein said low-pass filtering is performed using an infinite impulse response filter.

6. The method of claim 3 wherein said forward link data throughput value is based on a data rate requested by the access terminal.

7. The method of claim 3 wherein said forward link data throughput value is based on a data rate granted by the access network.

8. The method of claim 3 further comprising updating the access metric threshold based on the forward link data throughput value.

9. The method of claim 1 further comprising:

receiving an access metric parameter from the access network; and

updating the access metric threshold based on the access metric
4   parameter.

10.   The method of claim 9 wherein the access metric parameter is a number
2   of access terminals receiving forward link data from a modem pool transceiver.

11.   The method of claim 9 wherein the access metric parameter is an access
2   network metric value associated with a previous forward link data
transmission.

12.   The method of claim 1 further comprising:
2   receiving a power control command from the access network at a
receiving time;
4   comparing the receiving time with the time of said reducing; and
processing the power control command in accordance with said
6   comparing.

13.   The method of claim 1 wherein said data request information comprises
2   a data rate control value.

14.   The method of claim 1 wherein said data request information comprises
2   a carrier-to-interference ratio.

15.   The method of claim 1 wherein said reducing further comprises gating a
2   data request information signal based on said estimating, wherein the reverse
link signal comprises a plurality of signal components, and wherein the data
4   request information signal is one of the plurality of signal components.

16.   The method of claim 15 wherein said reducing further comprises gating
2   an additional signal component of the plurality of signal components at the
same time as said gating a data request information signal.

17.   The method of claim 1 wherein the reverse link signal comprises a
2   plurality of signal components, wherein the plurality signal components
comprises a pilot signal, and wherein said reducing further comprises gating all
4   of said plurality of signal components at the same time as said gating the data
request information signal.

18. The method of claim 17 further comprising:
2   resuming transmission of said pilot signal; and
       resuming transmission of at least one other of said plurality of signal
4 components a predetermined period after said resuming transmission of said
   pilot signal.

19. The method of claim 1 further comprising:
2   monitoring the length of time during which the power of the reverse link
   signal is reduced in accordance with said reducing; and
4   discontinuing said reducing when the length of time exceeds a
   predetermined maximum transmitter shut-off period.

20. The method of claim 1 further comprising multiplying the reverse link
2 signal by a PN code.

21. The method of claim 1 further comprising complex-multiplying the
2 reverse link signal by a complex PN code.

22. An access terminal apparatus comprising:
2   a data request gain module configured to gain-control a data request
   information signal, based on a data request gain control signal, to produce a
4 gain-controlled data request information signal; and
       a control processor configured to generate an estimate of whether
6 transmitting the data request information signal would result in selection of the
   access terminal by the access network, and to alter the gain control signal based
8 on the estimate.
       a control processor configured to determine an access metric value based
10 on measurements of at least one parameter of a signal received from the access
   network, generate data request information based on the measurements,
12 compare the access metric value to an access metric threshold, estimate that
   communicating the data request information to the access network will not
14 result in selection of the access terminal by the access network, and to alter the
   gain control signal based on the estimate.

23. The apparatus of claim 22 further comprising a Walsh spreader
2 configured to spread the data request information signal using a Walsh code.

24.   The apparatus of claim 22 wherein the control processor is further
2   configured to determine an average throughput value, and to generate the
estimate based on the average throughput value.

25.   The apparatus of claim 22 wherein the control processor is further
2   configured to determine an access metric value and an access metric threshold
value, and to generate the estimate based on comparing the access metric value
4   to the access metric threshold.

26.   The apparatus of claim 25 wherein the control processor is further
2   configured to update the average throughput value based on at least one access
metric parameter received from an access network.

27.   The apparatus of claim 25 wherein the control processor is further
2   configured to update the average throughput value based on a number
received from an access network, wherein the number corresponds to a number
4   of access terminals receiving forward link data from a modem pool transceiver.

28.   The apparatus of claim 25 wherein the control processor is further
2   configured to update the average throughput value based on an access network
access metric value received from an access network.

29.   The apparatus of claim 22 further comprising a pilot gain module
2   configured gain-control a pilot signal component based on a pilot gain control
signal to produce a gain-controlled pilot signal, wherein the control processor is
4   further configured to alter the pilot gain control to gate the pilot signal based on
the estimate.

30.   The apparatus of claim 29 wherein the control processor is further
2   configured to alter the pilot gain control to increase the gain of the pilot signal
at a first time, and to alter the data request gain control signal to increase the
4   gain of the data request information signal at a second time, wherein the second
time is a predetermined duration later than the first time.

31.   The apparatus of claim 22 further comprising a PN spreader configured
2   to multiply the data request information signal by a PN code.

32.   The apparatus of claim 22 further comprising a complex PN spreader
2 configured to complex-multiply the data request information signal by a
complex PN code.

33.   An access terminal apparatus comprising:
2   an amplifier configured to gate an upconverted signal based on a gating
control signal; and
4   a control processor configured to generate an estimate of whether
transmitting a data request information signal would result in selection of the
6 access terminal by the access network, and to alter the gating control signal
based on the estimate.

34.   The apparatus of claim 33 wherein the control processor is further
2 configured to determine an average throughput value, and to generate the
estimate based on the average throughput value.

35.   The apparatus of claim 33 wherein the control processor is further
2 configured to determine an access metric value and an access metric threshold
value, and to generate the estimate based on comparing the access metric value
4 to the access metric threshold.

36.   The apparatus of claim 35 wherein the control processor is further
2 configured to update the average throughput value based on at least one access
metric parameter received from an access network.

37.   The apparatus of claim 35 wherein the control processor is further
2 configured to update the average throughput value based on a number
received from an access network, wherein the number corresponds to a number
4 of access terminals receiving forward link data from a modem pool transceiver.

38.   The apparatus of claim 35 wherein the control processor is further
2 configured to update the average throughput value based on an access network
access metric value received from an access network.

39.   The apparatus of claim 33 further comprising a PN spreader configured
2 to multiply the data request information signal by a PN code.

40. The apparatus of claim 33 further comprising a complex PN spreader
2 configured to complex-multiply the data request information signal by a
complex PN code.

41. An access terminal apparatus comprising:
2   means for generating an estimate of whether transmitting a data request
information signal would result in selection of the access terminal by the access
4 network; and
       means for reducing the power of signals transmitted by the access
6 terminal apparatus based on the estimate.